



Creamy Chive Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup chives fresh chopped
- ☐ 1.5 cups half and half
- ☐ 4 servings kosher salt
- ☐ 4 tablespoons butter unsalted ()
- ☐ 1.5 pounds yukon gold potatoes peeled cut into 1/2" cubes

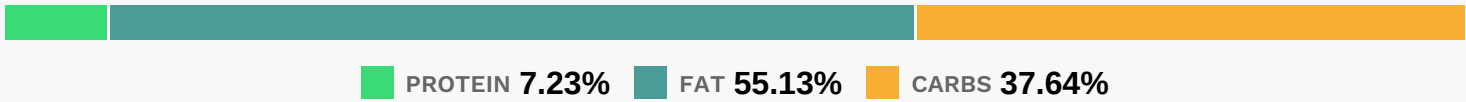
Equipment

- ☐ sauce pan
- ☐ knife

Directions

- ☐ Combine potatoes, half-and-half, and butter in a large saucepan; season with salt. Bring to a boil, reduce heat, and simmer very gently, stirring occasionally, until potatoes are tender (the tip of a paring knife meets no resistance) and sauce is thick, 25–35 minutes.
- ☐ Season with salt; stir in most of the chives. Top with remaining chives before serving.

Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:21.77, Inflammation Score:-6, Nutrition Score:12.23043470279%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 350.99kcal (17.55%), Fat: 21.96g (33.79%), Saturated Fat: 13.62g (85.12%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 29.93g (10.88%), Sugar: 5.13g (5.7%), Cholesterol: 61.86mg (20.62%), Sodium: 260.97mg (11.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.95%), Vitamin C: 35.78mg (43.37%), Vitamin B6: 0.55mg (27.55%), Potassium: 846.7mg (24.19%), Phosphorus: 187.98mg (18.8%), Vitamin A: 783.34IU (15.67%), Fiber: 3.8g (15.22%), Vitamin B2: 0.24mg (14.01%), Manganese: 0.27mg (13.58%), Magnesium: 49.53mg (12.38%), Calcium: 123.29mg (12.33%), Vitamin B1: 0.17mg (11.06%), Vitamin K: 10.72µg (10.21%), Copper: 0.2mg (9.91%), Vitamin B3: 1.91mg (9.57%), Folate: 32.98µg (8.25%), Vitamin B5: 0.79mg (7.89%), Iron: 1.42mg (7.87%), Zinc: 0.87mg (5.83%), Selenium: 3.58µg (5.11%), Vitamin E: 0.57mg (3.83%), Vitamin B12: 0.2µg (3.27%), Vitamin D: 0.21µg (1.4%)